GOOD NEWS FOR HOMEMAKERS

HOW TO HANDLE QUICK BREADS

Reheating Quick Breads

Reheating can help restore fresh-baked flavor to many leftover quick breads.

Biscuits: Wrap leftover biscuits in foil; heat in preheated 375°F. oven about 20 minutes or until hot.

Or, put 2 tablespoons water in large skillet over low heat or electric skillet set at 200°F. Place a rack in bottom; arrange biscuits on rack. Cover; heat 8 to 10 minutes or until hot.

Or, preheat boiler if manufacture directs. Split biscuits; spread split sides with softened butter or margarine. If you like sprinkle with one of these toppings: shredded cheese; celery, poppy or caraway seed; or cinnamon and sugar. Or, spread with pasteurized process cheese spread, garlic spread, softened plain or flavored cream cheese, or jelly. Toast in broiler until edges are golden and biscuits are hot.

Muffins: Wrap in foil, heat in preheated 400°F. oven about 15 minutes. Or, split muffins and spread split sides with softened butter or margarine. If you like, sprinkle with any of toppings for Biscuits, above; toast in broiler.

Corn bread: Split each serving; spread split sides with softened butter or margarine and toast in broiler. If you like, sprinkle with sesame, celery or poppy seed, or spread with jelly or pasteurized process cheese spread before broiling.

Coffeecake: Wrap in foil; heat in preheated 400°F. oven for 20 to 30 minutes. Or, reheat in covered skillet as for Biscuits, above.

RECIPE OF THE WEEK

MASTER MIX

For 12 Cups of Mix

8 cups unsifted all-purpose flour
⅓ cup double-acting baking powder
1 tablespoon salt
2 tablespoons sugar
2 cups nonfat dry milk 1⅓ cups lard (or 2 cups hydrogenated shortening)

For 29 Cups of Mix

18 cups (5 lbs.) unsifted all-purpose flour
¾ cup double-acting baking powder
3 tablespoons salt
4 tablespoons sugar
5 cups nonfat dry milk
4 cups lard (or 5 cups hydrogenated shortening)

Spoon flour into measuring cup. Level off at the cup mark but don't shake or pack the flour down. If you do, you'll get too much flour, and the products made from the mix will be dry and heavy.

Measure the baking powder, salt, sugar, and nonfat dry milk and add to the measured flour. Stir or sift these dry ingredients together until well mixed.

Measure the lard or shortening and add to the dry ingredients. Cut in the lard or hydrogenated shortening until the fat is so finely blended you can't tell it from the flour.

Store in a covered jar or can, or in a large plastic bag.

NOTE: If you use self-rising flour, omit the salt and baking powder.

PANCAKES

2 cups Master Mix
1 teaspoon sugar
1 egg
1½ - 2 cups water or milk

Measure out 2 cups of Master Mix and put in bowl. Stir in sugar. Beat egg slightly in a cup or small dish. Combine egg with 1½ cups water or milk, and add to dry ingredients. Stir about 25 times. The mixture may still have small lumps.

Drop 2 tablespoons of batter onto a hot greased griddle or skillet. If mixture is too thick and will not spread, add more water or milk. Turn cakes when bubbles appear on the surface and the underside is nicely browned. Makes about 18 4-inch pancakes.

If you would like other recipes using this Master Mix, please call our Extension Office (352-8244).

TOPS News

During the month of September the TOPS Club of Appomattox had many interesting programs. There was a presentation by Mrs. Shirley W. Walton, in which she gave information on the four basic food groups and she also advised how to snack wisely.

On the 23rd a skit was presented by Barbara Mayberry, Thelma Knight, Sue Perdue, Nancy Litchford, and Amy Christian. This skit demonstrated how hobbies and your own will power can help you loose weight. Both of these programs were greatly appreciated by the club members.

Meetings are held each Monday night at 7:00 p.m. at the new branch of the Farmers National Bank, Triangle Plaza. Won't you join us?

TOPS! AND TOPS

Hi, I'm Tops!
And I'd like to by your friend,
If you'll just give me a chance,
You'll be happier in the end!

All over the world
I make new friends each week,
Because I provide the help and encouragement
That all dieters seek.

I want you to forget those fad diets
And, please, throw away your pills,
You can TAKE OFF POUNDS SENSIBLY
Without making yourself ill!

If you are ashamed of your weight
Don't be afraid I'll sneer,
Because when you reach your goal,
I'll be the first one to stand up and cheer!

So, please come join me at TOPS this week,
And as your weight drops,
Perhaps you'll try to thank me, but remember,
It's you who are TOPS!

by Barbara Mayberry

FIGHT CANCER
American Cancer Society

Pamplin Scouts, Troop and Pack 701

Members of Boy Scouts of America, Pamplin Troop 701 and Cub Pack 701 held annual School Night for Scouting at Pamplin Elementary School September 24. Cubs shown are Harry Byrd Elam, Jr. and Kevin Layne. Scouts are Timmy Tolley, Tommy Williams, J. D. Guill, Leon Layne, Steve Cobb and Ronald Hipps. Adult leaders are J. M. Cobb, John Campbell, Harry Byrd Elam, Sr., Horace Coleman and Mrs. Jane Grey Layne.

ELEMENTARY SCHOOL MENU

October 21
Corndogs
Cheese squares
String Beans
Whole Potatoes
Apple Cobbler
Milk

October 22
Peanut Butter Sandwiches
Vegetable Soup w/crackers
Birthday cake

October 23
Balogna Sandwich
Lima Beans
French Fries
Applesauce
Milk

October 24
Spanish Rice and groundbeef
Cheese squares
Rolls w/butter
Strawberry Float
Milk

October 25
Hotdog on buns
Baked Beans
Cole slaw
Cookies
Milk

Help your Heart... Help your Heart Fund

PHIL'S CARPET CENTER
Main Street
Appomattox, Virginia 24522
Phillip Cocks, Owner Phone: 35

Beckham

OCT. 14 - Sunday dinner guest of Mr. and Mrs. Gibbs Martin were Mr. and Mrs. M. G. Martin, Jr. and Tammy Martin, Mr. and Mrs. Alfred C. Martin, A.C., Michael and Edward, Mrs. Geraldine Moore and Debbie Moore.

Mr. and Mrs. Paul Burge visited Mr. and Mrs. Wallace Burge and girls Saturday night. The little girls were honored with a birthday party.

Gwen Moore enjoyed a camping trip over the week end with Mrs. Herbert Moore, Jr.

Mr. and Mrs. Abner Martin spent the week end with Mr. and Mrs. Howlett Drinkard, Donald Lee and Miss Eunice Martin. Visiting in this home Sunday were Mr. and Mrs. Charles Martin and Mr. and Mrs. Phillip Martin.

Miss Patricia Martin spent the week end with Miss Carolyn Jo Morris.

Mr. and Mrs. Paul Burge visited Mrs. Joseph Mays Sunday afternoon. She accompanied them home and spent the night and Monday. Mr. and Mrs. Donald Pugh visited in this home Sunday night.

Mrs. Claudine Emerson, of Crewe, is visiting Mr. and Mrs. Walter Young for a few days.

Mrs. Tom Schmutz and girls visited Mrs. H. C. Moore at the home of Mrs. O. W. Martin, Sr. and Mr. and Mrs. R. B. Martin Sunday. Mrs. Moore is recovering from recently undergoing surgery.

Quarterly Board of Directors Meeting

A meeting of the Board of Directors of the Virginia Lung Association, Central Region (formerly the Central Virginia Tuberculosis and Respiratory Disease Association) will be held in their new office at 107 N. Main Street, Farmville, Virginia, on October 21, 1974 at 8:00 p.m.

All Board Members are urged to attend. Guests are welcome.

all points bulletin
SCHOOLS OPEN! DRIVE WITH CARE!

SHORT STOP CONVENIENCE STORE
John T. Ferguson, Manager
Located on Court Street in the Old Frozen Food Locker
Variety of Frozen Foods and Dairy Products
Food Lockers For Rent
Bagged Ice,
Beer Off Premises
Candy, Hard Dip Ice Cream, Slush, Coffee, Pop Corn, Sandwiches, Sewing Needs, Health and Beauty Aids, Drinks and a complete line of Groceries.
OPEN 7 DAYS A WEEK
8 A. M. 'til 10 P. M.

What everyone is afraid to say to tobacco farmers.

"It's been a rough year."
It's as simple as that. Costs are soaring and profits are barely getting off the ground.
At Fidelity National Bank we know enough about farming to realize what kind of a year it's been. And what that's done to your profit margins.
But we also know that no matter how little there is left over from this year's sales, you've got to save as much of it as possible to get you through to next year's. And pay for seed, fertilizer, labor and equipment along the way.
Because we understand this fact—that your financial needs are not like everyone else's—we also understand that not every savings plan is right for you.
And we're ready to show you one that is—with continuous compounding of interest so your money can grow as quickly as you need it to. And full freedom of withdrawal so you can get it when you need it, too.
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When we say we're out to help you grow, we mean it.

Fidelity National Bank
Helping you grow helps us grow.
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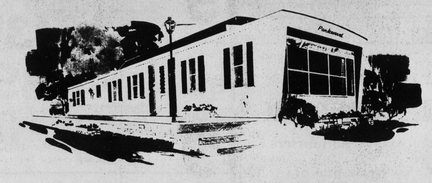
Fall Clearance Sale



2-3-4 Bedroom Homes
Total Electric and Oil
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Ward's Mobile Homes
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You'll Find a Basketful of Food Values Here

Chuck Roast 79¢ lb.

Top Round Steaks $1.59 lb.

Cube Steak $1.59 lb.

Ground Beef 3 Lb. or More 79¢ lb.

Pork Spare Ribs lb. 95¢
Bacon 12 Oz. Pkg. 79¢

Valleydale Franks lb. 79¢ — Drive a Little to Save a Lot!
Valleydale P & P Loaf 8 Oz. Pkg. 59¢
Valleydale Sausage lb. 69¢
Valleydale Spiced Luncheon Meat 8 Oz. 65¢
Valleydale Cooked Ham 6 Oz. pkg. 89¢

Celery Stalk 29¢

Loose Onions 3 lb. 29¢

Fresh Produce:
Bananas 2 lbs. 29¢
Grapes lb. 35¢
Apples 5 lbs. 79¢
Sweet Potatoes 3 lbs. 35¢

Pocahontas Green Beans 303 Size cans 3 Cans 89¢
Pocahontas Fancy Mixed Vegetables 303 size cans 3 Cans 89¢
Pocahontas Fancy Whole Grain Golden Corn 303 size cans 3 for 89¢
Old Milwaukee Beer 12 Oz. - 6 Pack $1.29

Dr. Pepper 8 16 Oz. Bottles Plus Deposit 99¢

White Lilly Flour Self Rising 10 Lb. Bag $1.79

Pillsbury Biscuits 8 Oz. cans 4 for 69¢

Bread 20 Oz. Loaf 3 for $1

Drive a little and save a lot! Open daily 6:30 a. m. 'til 11 P. M. Sunday 10 A. M. 'til 7 P. M.
Guill's Texaco & Grocery Store
Route 727 South 4½ Miles South of Appomattox, Va. on Red House Road Route 727 South